

Texas Heart Disease and Stroke Prevention System 2007Fall Partnership Meeting

Potential Objectives List

Goal 1 - Prevention of Risk Factors - System Change – Short Term Outcomes

High Blood Pressure

- SBP: Increase the number of healthcare providers who are aware of the nationally recognized guidelines for prevention and treatment of high blood pressure.
- SBP: Increase the number of worksites that have programs and environmental policies in place that contribute to the reduction of high blood pressure and its affect on heart disease, stroke, complications of diabetes, and increased renal failure.

High Blood Cholesterol

- 12 – 15: Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.
- 12 – 16: Increase the proportions of persons with coronary heart disease who have their LDL-cholesterol level treated to a goal of less than or equal to 100 mg/dL.

Diabetes

- SBP: Increase the number of training programs provided to community health workers on the prevention and management of diabetes and the eight competency skills required by the TDSHS-Training and Certification Program.
- SBP: Increase the number of physicians who receive and implement/adhere to the Texas Diabetes Council's *Minimum Standards of Care and Treatment Algorithms*.

Tobacco

- 27-10. Reduce the proportion of nonsmokers exposed to environmental tobacco smoke.
- 27-13. Establish laws on smoke-free indoor air that prohibit smoking or limit it to separately ventilated areas in public places and worksites.
- SBP: Increase legislation/ordinances/policies that eliminates exposure to secondhand smoke in all workplaces.
- SBP: Increase the number of national anti-tobacco initiatives in middle schools.

Physical Activity

- 22-8. Increase the proportion of the Nation's public and private schools that require daily physical education for all students.
- SBP: Establish minimum physical activity standards in elementary through high schools, and assure full compliance of physical activity laws
- SBP: Establish minimum standards for physical education in all grades, kindergarten through 12th grade.
- SBP: Increase the amount of accessible trails for physical activity.
- SBP: Increase the number of communities that receive funding to improve or enhance alternative modes of transportation (safe routes, rails-to-trails, sidewalk improvements, etc.)
- 22-13. Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.

Nutrition/Weight

- SBP: Codify the Texas Public School Nutrition Policy into Texas law without preempting more stringent local ordinances or national laws.
- SBP: Increase the proportion of pre-school/child development centers that offer health education to students and parents to prevent health problems related to unhealthy dietary patterns.
- SBP: Increase the number of women of color who are appropriately counseled about diet and nutrition.
- 19-16. Increase the proportion of worksites that offer nutrition or weight management classes or counseling.
- SBP: Increase the number of patients who receive instructions and guidance on how to eat heart-healthy.
- SBP: Total number of schools with exclusive beverage contracts will not increase.
- SBP: Increase the number of health plans that promote a healthy lifestyle by offering incentives to members to seek diagnosis and treatment of weight-related conditions.

Other

- SBP: Provide incentives to state employees and their families for making healthy lifestyle choices, such as avoiding the use of tobacco, maintaining a healthy weight, and immunizing their children.
- SBP: Increase implementation and accountability of coordinated school health programs.
- SBP: 50% of all school districts will have established a school wellness policy consistent with state mandates on coordinated school health.
- SBP: Increase the number of private/public sector work sites that adopt employee wellness programs that meet a qualified standard in addressing health risks related to physical activity, nutrition and overweight/obesity (e.g. CEO Gold Standard).
- SBP: Increase the number of sites with established wellness programs that focus on prevention of heart attack and stroke.
- SBP: Support additional funding the Department of State Health Services Chronic Disease Prevention to address obesity, chronic diseases, hypertension, school health, and cervical cancer.

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Goal 1 - Prevention of Risk Factors - Health Impact – Intermediate Term Outcomes

High Blood Pressure

- SBP: Increase the number of Hispanic patients who are aware of the risks of high blood pressure in developing heart disease, complications of diabetes and renal failure.
- 12-12: Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.

Tobacco

- 27-1: Reduce tobacco use by adults.
- 27-2: Reduce tobacco use by adolescents.
- 27-17: Increase adolescents' disapproval of smoking.
- 27-5: Increase smoking cessation attempts by adult smokers.

High Blood Cholesterol

- 12–13: Reduce the mean total blood cholesterol levels among adults.
- 12–14: Reduce the proportion of adults with high total blood cholesterol levels.

Nutrition/Weight

- 19-10. Increase the proportion of persons aged 2 years and older who consume 2,400 mg or less of sodium daily.
- 19-5. Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit.
- SBP: Increase the number of women of color who consume 2 daily servings of fruit.
- 19-6. Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables.
- SBP: Increase the number of women of color who consume 3 daily servings of vegetables, with at least one-third being dark green or orange vegetables.
- 19-7. Increase the proportion of persons aged 2 years and older who consume at least six daily servings of grain products, with at least three being whole grains.
- 19-9. Increase the proportion of persons aged 2 years and older who consume no more than 30 percent of calories from total fat.
- 19-1. Increase the proportion of adults who are at a healthy weight.
- SBP: Increase the number of women of color who are at a healthy weight.

Diabetes

- SBP: Increase the knowledge of diabetes risk factors and preventative behaviors in persons with diabetes.

Physical Activity

- 22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.
- SBP: Reduce the proportion of women of color who engage in no leisure-time physical activity.
- SBP: Increase the number of women of color who are appropriately counseled about physical activity/exercise.
- 22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.
- SBP: Increase the proportion of women of color who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.
- 22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.
- SBP: More than half (50%) of school-age children and adolescents will accumulate 60 minutes or more of physical activity per day on 5 or more days of the week.
- 22-14. Increase the proportion of trips made by walking.
- SBP: Increase the proportion of trips made by walking in women of color.
- 22-15. Increase the proportion of trips made by bicycling.

Other

- SBP: Increase awareness about the health disparity of stroke in African Americans.

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Potential Objectives List

Goal 2 - Detection and Treatment of Risk Factors - System Change – Short Term Outcomes

Diabetes

- 5-1. Increase the proportion of persons with diabetes who receive formal diabetes education.

Tobacco

- 27-19. Eliminate laws that preempt stronger tobacco control laws.
- 27-21. Increase the average State tax on tobacco products.
- SBP: Increase the number of health plans that reward non-smokers in addition to individuals participating in smoking cessation programs.

Other

- SBP: Increase the number of patients who are educated about the risk factors for CVD and the importance of managing these risk factors.
- SBP: Support additional funding the Department of State Health Services Chronic Disease Prevention to address obesity, chronic diseases, hypertension, school health, and cervical cancer.
- SBP: Support innovations in health insurance design to encourage affordability, accessibility, disease prevention, and health promotion.
- SBP: Increase funding to the state health department for a comprehensive, statewide, tobacco prevention program, including media, enforcement, community and school based programs, provider reminder systems, a telephone quit line, and an evaluation component.

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Potential Objectives List

Goal 2 - Detection and Treatment of Risk Factors - Health Impact – Intermediate Term Outcomes

High Blood Pressure

- 12-9. Reduce the proportion of adults with high blood pressure.
- 2-10. Increase the proportion of adults with high blood pressure whose blood pressure is under control.
- 12-11. Increase the proportion of adults with high blood pressure who are taking action (for example, losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure.

Diabetes

- 5-4. Increase the proportion of adults with diabetes whose condition has been diagnosed.
- 5-17. Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily.

Tobacco

- 27-1. Reduce tobacco use by adults.
- 27-2. Reduce tobacco use by adolescents.
- 27-17. Increase adolescents' disapproval of smoking.

High Blood Cholesterol

- 12-13. Reduce the mean total blood cholesterol levels among adults.
- 12-14. Reduce the proportion of adults with high total blood cholesterol levels.
- 12-15. Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.

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Potential Objectives List

Goal 3 - Early Identification and Treatment of Heart Attack and Strokes - System Change – Short Term Outcomes

- SBP: Increase the number of sites with established wellness programs that focus on prevention of heart attack and stroke.
- SBP: Increase the number of patients who are educated about the risk factors for CVD and the importance of managing these risk factors.
- SBP: Increase the number of Primary Stroke Centers that promote patients access to the services associated with stroke, including prevention, treatment and rehabilitation.
- SBP: Increase healthcare professionals' adherence to primary and secondary prevention guidelines on stroke.
- SBP: Increase General Revenue funding for the Texas Council on Cardiovascular Disease and Stroke.
- 12-2. Increase the proportion of adults aged 20 years and older who are aware of the early warning symptoms and signs of a heart attack and the importance of accessing rapid emergency care by calling 911.
- SBP: Increase the number of adult patients who are aware of the warning signs of heart attack and stroke.
- 12-4. Increase the proportion of adults aged 20 years and older who call 911 and administer cardiopulmonary resuscitation (CPR) when they witness an out-of-hospital cardiac arrest.
- 12-8. Increase the proportion of adults who are aware of the early warning symptoms and signs of a stroke and the importance of accessing rapid emergency care by calling 911.
- SBP: Increase the number of patients who work with their doctor to prevent, eliminate, and/or manage their risks for heart disease and stroke.
- 19-17. Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition.

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Potential Objectives List

**Goal 3 - Early Identification and Treatment of Heart Attack and Strokes - Health Impact –
Intermediate Term Outcomes**

Heart Attacks

- 12-3. Increase the proportion of eligible patients with heart attacks who receive artery-opening therapy within an hour of symptom onset.
- 12-5. Increase the proportion of eligible persons with witnessed out-of-hospital cardiac arrests who receive their first therapeutic electrical shock within 6 minutes after collapse recognition.

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Potential Objectives List

Goal 4 - Prevention of Recurrent Cardiovascular Events - System Change – Short Term Outcomes

Stroke

- SBP: Increase healthcare professionals' adherence to primary and secondary prevention guidelines on stroke.
- SBP: Increase the number of Primary Stroke Centers that promote patients access to the services associated with stroke, including prevention, treatment and rehabilitation.

Cardiovascular Disease

- SBP: Increase the number of patients who are educated about the risk factors for CVD and the importance of managing these risk factors.

Goal 4 - Prevention of Recurrent Cardiovascular Events – Health Impact – Intermediate Term Outcomes

- 12-16. (Developmental) Increase the proportions of persons with coronary heart disease who have their LDL-cholesterol level treated to a goal of less than or equal to 100 mg/dL.
- 19-17. Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition.
- SBP: Increase the number of patients who work with their doctor to prevent, eliminate, and/or manage their risks for heart disease and stroke.